



Coffee County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Coffee County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Coffee County School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include Mental Health Guidelines adopted and compliance with k-8 vending policy enforced
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 150,645.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Respiratory at Home | ➤ Community Foundation of Middle Tennessee |
| ➤ River Park Hospital | ➤ TPHA |
| ➤ United Regional Medical Center | ➤ RHAT |
| ➤ Harton Regional Medical Center | ➤ TNSHC |
| ➤ Manchester Parks and Recreation Department | ➤ Manchester City Schools |
| ➤ The Health Nutt | ➤ Coffee County Mayor's Office |
| ➤ Aerospace Testing Alliance | ➤ Coffee County Health Council |
| ➤ Dr. Paul Honeycutt, DDS | ➤ Coffee County Health Department |
| ➤ Dr. Peter Shelton, DDS | ➤ TAHPERD |
| ➤ Sportsmen and Businessmen's Charitable Organization | ➤ Save the Children |
| ➤ Family Resource Center | ➤ USDA |
| ➤ George Denton Brown Foundation | ➤ Coffee County Schools Food Services |
| ➤ Action for Healthy Kids | ➤ Coffee County Schools Health Services |
| ➤ UT Extension Agency | ➤ Coffee County High School |
| ➤ American Heart Association | ➤ Coffee County Middle School |
| ➤ Food Lion | ➤ Koss Center (Alternative School) |
| | ➤ Hickerson Elementary School |
| | ➤ Hillsboro Elementary School |
| | ➤ East Coffee Elementary School |

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| ➤ North Coffee Elementary School | ➤ Partners for Healing |
| ➤ New Union Elementary School | ➤ Manchester Housing Authority |
| ➤ Deerfield Elementary School | ➤ Wal Mart |
| ➤ Centerstone | ➤ TOT |
| ➤ Coffee County Head Start | ➤ Smiles for Tomorrow Committee |
| ➤ Agencies Serving Kids | ➤ Adult Literacy Council |
| ➤ Rutledge Falls Baptist Church | ➤ Coffee County Sheriff's Dept. |
| ➤ Hillsboro Methodist Church | ➤ Coffee County DARE |
| ➤ Excellence at East After School Tutoring | ➤ Girl Scouts |
| ➤ Coffee County Anti-Drug Coalition | ➤ Spring Street Market |
| ➤ Creative Health Consultants, INC. | ➤ Dotson's Produce |
| ➤ TASN/NASN | ➤ Tennessee Department of Health |
| ➤ Children's Advocacy Center | ➤ Family Resource Center |
| | ➤ Coffee County High School Culinary Arts Class |
| | ➤ Tullahoma City Schools |
| | ➤ Channel 6 (local cable channel) |
| | ➤ Manchester Times |
| | ➤ Saturday Independent News |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including mental health teams, healthy school fundraisers, Healthy School Teams, and school health screenings. Currently, 13 parents are collaborating with CSH.

Students have been engaged in CSH activities that include healthy fundraisers, Jump Rope for Heart and healthy recipe contests. Approximately 1,336 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Coffee County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – screened 1996 and referred 1121-vision 110, blood pressure 96, BMI 889, hearing 23, scoliosis 3;

Students have been seen by a school nurse and returned to class but this information is not available at the time of this report;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2010-2011 BMI data for Coffee County Schools : 44% Overweight or obese, 55% normal weight and 1% underweight. This data is essentially unchanged from baseline data of 2007-2008 which showed 44% overweight or obese, 54% normal BMI and 2% underweight. 2009-2010 data is the same as this year's data. 2008-2009 data differed slightly with 43% overweight or obese and 56% normal BMI and 1% underweight. The one year that showed a decrease in overall obesity rate was the year that the middle school was able to offer 45 minutes of PE daily

to all students. Staffing and schedule changes in 2009-2010 and subsequent year did not provide for PE for all students everyday;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a climbing wall, a walking track, a salad bar, two DDR systems, screening equipment to health services;

Professional development has been provided to school health staff counselors, PE teachers, nurses, and health/wellness teachers. Examples include TAHPERD, Michigan Model training, Take10! training, AHA CPR instructor training, and AHA CPR training;

School faculty and staff have received support for their own well-being through weight loss competitions, weight loss education from consulting dietitian, physical activity instruction from certified fitness instructor, and Zumba classes after school.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training and curriculum to 5 school counselors, two nurses, two physical education teachers, and one health teacher;
- Physical Education/Physical Activity Interventions – Take10! training and curriculum provided to thirty-seven teachers, physical education teacher trained as Take10! trainer;
- Nutrition Interventions – services of Registered Dietitian available for consultation for students, families, and staff. Dietitian serves as team nutrition member at 2 elementary schools, Middle school came into compliance with K-8 vending policy/School Wellness Policy, salad bar purchased by CSH making salads available daily to all high school students. One elementary school awarded Gold School of Distinction award May 2011 and 3 other elementary schools serving Gold School menus and will apply school year 2011-2012, Increased breakfast participation in 3 elementary schools;
- Mental Health/Behavioral Health Interventions – formation of mental health team, adoption of state mental health guidelines, mental health 101 training, and school based mental health services in 2 elementary schools. CANS training for all counselors. Access to dental care for uninsured children has been provided since 2008 through a partnership with The Sportsmen and Businessmen's Charitable Organization.

In such a short time, CSH in the Coffee County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Leslie Brasfield
931-723-5150